



## SHRIMP CREOLE

- 1/4 Cup Oil
- 1/4 Cup Flour
- 4 Cloves Garlic, Minced
- 1/2 Cup Chopped Celery
- 1/2 Cup Chopped Green Pepper
- 16 Ounces Tomato Sauce
- 1 1/2 Teaspoons Salt
- 1/2 Teaspoon Black Pepper
- 1/4 Teaspoon Cayenne Pepper
- 1 1/2 Pounds Raw Shrimp
- 3 Cups Hot Cooked Rice

## DIRECTIONS

1. Heat oil. Add flour, stirring constantly until smooth and golden brown.
2. Add garlic, celery, and green pepper.
3. Cook until tender.
4. Add tomato sauce and seasonings.
5. Cook 20 minutes, stirring frequently.
6. Add shrimp and simmer for 15 to 25 minutes.
7. Serve over rice.